Bare Facts

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Box 1982; Topeka, KS 66601 ● Voice Mail: 785-478-BARN ● e-mail: benude@lakeedun.com ● Website: www.lakeedun.com 38° 58' 7" North; 95° 47' 56" West

Report From The Board

With Winter upon us, your Board of Directors continues to evaluate results from the survey many of our supporters helped with a couple of months ago. This month we will address some of the comments those who completed the survey made.

First, some of the suggestions people made that we have already taken action on:

Several people suggested we get more sand on our beaches. For the North Beach, this has been completed. We will get a load of sand for South Beach soon so we can spread it while the lake is frozen.

Someone suggested we designate a spot inside the fence for RV's and campers. This has been done with many wonderful locations along the North Road.

Many people; commented on the lounge chairs and asked that we improve them. Many have been rehabilitated and the remaining chairs are scheduled to be improved. We continue to look for some new (to us) lounges. It's too late for the next season, but a country club will change out its old chairs periodically. If you hear of this, let us know. We will help carry them "to the dump."

Some suggested we host a clothed open house. We expect to hold 4 clothed open houses this summer, starting in May.

Finally, one person said they had driven from out of state to visit our special place only to find the gate locked. We presume he or she arrived on a Monday or Tuesday when the caretaker was off. All members have the combination to the gate. If a member is present, the gate is open. Once we have our summer caretaker, we will post the hours on our website.

Next, there were a number of suggestions and comments people made which we will not be addressing for various reasons. We mention these because we want everyone to know that we do pay attention to your comments.

We were surprised by the number of people who said there are too many ticks, chiggers, bugs and/or snakes. While we, too, find these critters to be a nuisance, we have no plans to do anything about them. A good bug repellant may help.

One or two people cited the cobwebs across the trail as a problem. The spiders can be pretty quick to put up a new home. We have no plans to wreck their homes on a regular basis. We suggest hikers use a stick to sweep the trail in front of them as they walk.

Several people said they miss fresh water to drink, for showers, and a flush toilet. This would be extremely expensive and we doubt that anyone would be willing to pay for it.

One person was concerned people at work would find out if he or she visited. All we can say is that your secret is safe with us. If they were to see you there, you will probably see them, also. Many people regretted they do not have time to visit more often. We certainly understand time constraints. However, we don't see any way we can assist with this. We hope people will find the inspiration they derive from a visit to be worth the time it takes.

One person complained that Lake Edun is in Kansas. We view this as a plus and have no plans to move the lake.

Another person complained that we do not have a pool. We aren't sure if they afraid to swim so far from a side or missed the chlorine. In any event, we won't be building a pool soon.

One person complained that he (or she) couldn't undress in the parking lot. This is true, but there is room to park on the North Road where you may leave your clothes in your car.

Another suggested (s)he would like to be able to drive to the campsites. Since the beginning, we have worked very hard to create a very rustic and natural atmosphere at our special place. We think vehicles around the lake would seriously detract from that. People who want to drive to their campsite can do so along the North Road.

Speaking of the North Road, someone suggested we put a combination lock so members could use it more easily. We considered this suggestion but feel we need to keep the keyed lock for security reasons.

Some of those responding to the survey said they live quite a distance, making visits very impractical. For example, we had responses from people living as far away as Texas, Washington State, Colorado, and Omaha. One person even said he lived as far as Lawrence! Can believe that.

We thank everyone for the time they took with this survey. We continue to use it as a source of ideas for improvements. If you want to add anything, you may contact us at benude@lakeedun.com.

Random Thoughts And Reflections

Thank you Dave and Mark for your generous year-end support of the Lake Edun Foundation. We appreciate both the support and the vote of confidence in our program.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Jan 5; Wed; 8-10; Sauna

Jan 8; Sat; 3-5; Board of Directors

Jan 8; Sat; 8-10; Sauna

Jan 21; Fri; 8-10; HN Swim

Jan 22; Sat; 8-10; Sauna

Feb 5; Sat; 8-10; Sauna

Feb 9; Wed; 8-10; Sauna

Feb 13; Sun; 1-3; Board of Directors

Feb 18; Fri; 8-10; HN Swim

Feb 19; Sat; 8-10; Sauna

Feb 23; Wed; 8-10; Sauna

From The Mail Bag

Dear Lake Edun,

I want to give Lake Edun Foundation a Big world of thanks for educating people about nudism. That it is all right to be nude it is not shameful or dirty. I live in Iowa and there is not any place for nudist. No beaches or camp grounds. I am sure that there are a lot of nudist in Iowa but no place to go.

I am 56 and divorced. I wish there was a place like Lake Edun in Iowa I would be spending a lot of time there and helping out with things. Keep up the good work on educating people about nudism. Merry Christmas and Happy nude year.

— Tom S.

Thank you, Tom. It is especially gratifying to hear from supporters who haven't even visited our special place or corresponded with us in the past.

Dear Lake Edun,

Sorry, it has been some time since I wrote but things have not been going well, to say the least. As you know I moved up here on Oct. 1 and that did not go as planed. I do not know if you get the paper or not but on Nov. 4 my apartment caught fire, due to a fault Elec. outlet. It gutted the apartment and the apartment below it received water damage. The rest of the building received smoke damage but is still livable. Apartment 6 was a total loss, along with all my thing in it.

I have thought about writing but I was using the Breakthrough Club. I wish it was spring and all this was behind me and I could come out to our special place again. I do real miss it and all my friends.

I received the App. for membership but as you know I am disabled and 275.00 is more than I have, maybe next year I can pay as I go. Maybe now that I live here, I can help with work at our special place too.

Sorry, to be a wet blanket but I thought you would like to know how thing where going for me. It seems friends are short right now but I am sure that is because I just moved here. Well, Mr. Webb it time for coffee so have a Naky Day.

- Darrel

Interview With A Nine Year Old Naturist

A local Florida newspaper ran a series of positive articles about Sunsport Gardens of Loxahatchee, Florida. Reader responses were all positive until the video interview with nine year old Leslie. To watch the interview, go to: http://blogs.browardpalmbeach.com/juice/2010/12/sunsport_gardens_naturist_resort_girl.php

A few readers reacted with concerns about child porn and placing the girl at risk for predators. Thankfully, other readers questioned this line of criticism as being excessive.

The young lady in question lives at Sunsport Gardens with her parents, older brother and their pets. The children are home schooled. She, along with the other children has the option to be nude or clothed as they choose.

The reporter notes that all visitors to Sunsport receive a background check. Her parents believe this policy and their supervision keeps their children safe.

In the article's reader response her dad wrote an extended reply to the critics detailing his rationale for his lifestyle choice and the benefits he believes it brings to his children.

A respondent from Europe supports the naturist position, but goes further to refer to a study detailing the far greater problems of STD's and teen pregnancies in the USA than in a number of European countries. His response is as follows:

The comments on this article show how sick society has become, at least in the US. Such comments would not be made by most continental Europeans. I wish I could just dismiss this as something that America can choose to do and leave you all to it, but I can't and I'll tell you why.

America exports its prudish and alarmist attitudes every time it censors Facebook or the Apple store or the search engines we all use. It has also exported its attitudes in every film or television program it sells to the rest of the world.

Why does this matter? America's rate of teenage pregnancy has been as high as ten times that of Denmark. Rates of STI's such as gonorrhea are seventy times higher in the US than Denmark. We have studied 14 nations including these two and found that the correlation between attitude to nudity and rates of these issues is 98%. We have therefore concluded there is a strong link between a mature attitude to nudity and teenage sexual responsibility and health. We do not want America exporting their teenage sexual problems, thank you!

The full text of the study referred to above is found at: http://www.advocatesforyouth.org/index.php?option=com_content&task=view&id=419&Itemid=177

This is timely information. While it may not be possible to pinpoint all the reasons for the differences between US and European adolescent sexual behavior and problems, it does support the notion the American approach isn't working. Equally, it does not prove naturism is the silver bullet that will cure the ills of American youth. Even the action steps recommended in the article will not necessarily transfer to America and produce similar results. Europe and the US are very different cultures and have different histories.

However, this information is quite useful for naturists to produce when responding to critics who condescendingly assume they automatically hold the moral high ground. The assumption in this country of the automatic linkage between nudity and sex makes the clothes compulsives believe they can put us on the defensive and dismiss naturism as a fantasy of the weird and naive. Nonsense! Stand our ground!

To quote John Adams, "Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passion, they cannot alter the state of facts and evidence."

Facts are stubborn things and not to be dismissed. Stand on them; ride them for all they are worth. Critics need to be reminded of the old saying that people who live in glass houses shouldn't be throwing stones. This country, (the United States) is a society whose youth is in trouble. Naturism offers an alternative for socializing adults and children not only to body acceptance, but also to an improved relationship of respect between the sexes, and a better sexual hygiene for youth. [Ed.]

Naked Hiker Charges Dropped

Interesting things are going on North of the border. Time will tell, but the outcome of a recent case involving a nude hiker appears to create a precedent distinguishing between simple, naturist nudity and lewd, sexually oriented nudity. If so, this is a significant plus for naturists.

Such a distinction in law clarifies that it is public sexual behavior that is not allowed, not simply being nude. This makes sense and from the naturist perspective squares with reality. We can only hope that "reality" will spread to the south. [Ed.]

Go to: http://lists.fcn.ca/pipermail/public/2010-November/000119.html and to: http://www.torontosun.com/news/weird/2010/11/20/16233256.html,

The law has tried to stop the 60 year old free-hiker, Brian Coldin, who frequents a local recreational trail from walking naked. But it failed. Instead, charges were dropped which may set a precedent for naturists.

"Other naturists are still fearful of being in the general public on out of the way trails because of the fact they think they're going to get convicted."

Two off-duty police officers witnessed Mr. Coldin walking naked on the Uhthoff Trail in Severn Township in September 2009.

The charges were eventually dismissed.

On the 3rd day of the Coldin trial, September 29th in Bradford, Dr. Ronald Langevin testified that adults or children who are exposed to nudity do not suffer any psychological harm. While he agreed that people who see nudity unexpectedly might experience shock, embarrassment and even be offended, he indicated that there was no evidence that those people would suffer any permanent psychological harm. He added that nudity is generally well accepted in society as evidenced by media, nude beaches, and the gay pride parade. While different people's reaction to nudity would vary greatly given that Canada is a multi-cultural society, Dr. Langevin was adamant that nobody would suffer any psychological harm.

Dr. Ronald Langevin has been studying sexual offenders and their victims for over 40 years. In preparation for this trial, he reviewed 195 scholarly studies as well as his own personal database of over 3,000 offenders. Dr. Langevin put special emphasis on a 1995 study by Dr. Paul Okami at the University of California, Los Angeles. The study concluded that children who are exposed to nudity do not suffer any harm.

Dr. Langevin was also very specific that nudism/naturism is not exhibitionism. Sexual arousal is key to exhibitionism as a sexual disorder. The scholarly research he reviewed clearly indicated that naturists/nudists are not motivated by sexuality. In fact, Dr. Langevin recalled that he dealt with two genital exhibitionists who had tried nudism/naturism but did not like it. But he also added that even in cases of simple genital exhibitionism there was no evidence of psychological harm to the victims.

Mr. Coldin was charged with several counts of nudity in the Bracebridge area. Mr. Coldin denies going through any drive-through while nude but readily admitted to regularly walking in the parkland adjoining his property while wearing only sandals. His lawyer, Clayton Ruby, has planned a constitutional challenge to section 174 which criminalizes mere nudity – (Section 173 deals with indecent acts).

The Federation of Canadian Naturists supports the decriminalization of mere nudity. It is ridiculous that the simple exposure of our natural body (such as being nude in your backyard or seen through your house's window) could result in a criminal charge. Casual nudity should not be in the same league as theft, robbery, assault and murder.

It is important to note that indecent acts are covered under a separate section of the criminal code. As such, there would still be ample room to charge exhibitionists and other sexual deviants.

At this point, the concern is that this case may not challenge the constitutionality of the law because Mr. Coldin may be found not to have been nude on a technicality. The law does not define nudity and merely wearing shoes and/or a hat could be enough for the court to find that he was not nude.

The defendant's lawyer believes the decision sets an important precedent. "It is a landmark case in the sense that the law has been applied to nudists and naturists. Now there is a clear pronouncement that a naturist is not engaging in an indecent act."

The man was initially also charged with nudity in a public place, but that was withdrawn in September of this year.

Stephane Deschenes, director of the Federation of Canadian Naturists, says naturists are just embracing their "natural self" and shouldn't have to fear being out in the public. He added that, "We, as a society, have a real phobia about our own body. We are so incredibly uncomfortable that we find our own image embarrassing, shameful and offensive."

The Crown did not receive consent from the Attorney General to commence proceedings, which is required on a nudity charge. The indecent act charge was dismissed because what the man was doing was not harmful, that is, not engaging in a sexual act. Acts that would constitute this charge are public masturbation, luring for sexual act, luring children and flashers, he noted.

This is an important trial because it has the potential to change the law on nudity. If the court decides that nudity is not harmful, it could make section 174 of the criminal code (nude in public) invalid because, with no harm, there is no reason to put such a restriction on personal freedom of self-expression.

The first three court dates were held on September 27, 28 and 29. A final court appearance is set for 1-25-11.

Question

Naturists don't think of sex when they undress. Naturists don't think of sex when they are engaged in wholesome family activities. Naturists don't grab a towel for cover, after taking a shower in fear others may view them in a 'sexually obsessed' manner. Who are the perverts?

The body says what words cannot. - Martha Graham

Disclosure In Advertising

Here's a funny and instructive reversal of roles in advertising. Traditionally, females are the choice for showing some skin when trying to sell something. However, one enterprising carpet store owner thought outside the box and used a nude picture of himself to promote his business.

This happened forty years ago in south Florida when Don Bailey, now age 77, was inspired after seeing the then sensational nude magazine photo of actor Burt Reynolds. The next day he had a nude photo of himself put on a billboard. Don is still using the photo of himself after all these years.

The results were spectacular. Don's business was near bankruptcy at the time. After his picture on a billboard appeared, business picked up and he now has five carpet stores across south Florida. Apparently women were intrigued, and went to his store.

A local television station ran a feature story about Don and his now famous billboard. Unfortunately, but diagnostic, the feature is titled, "Carpet Man Still Revealing Too Much." Apparently the buying public doesn't think so. [Ed.] Go to: http://www.nbcmiami.com/news/local-beat/DON_BAILEY_CARPETS_Miami-107416168.html? source=Newsletter-Daily

Breastfeeding—Still Unsuitable for Children

A Melbourne, Australia based art dealer and photographer Christopher Rimmer travelled to Africa to shoot pictures for an upcoming exhibition documenting the continent's western aspirations, their affect on Africa's natural environment and tribal culture.

After spending five months with the Himba tribe and obtaining permission from all those photographed to show their photos, he posted a sample on Facebook featuring women and their children. Some of the children were breastfeeding.

However, Facebook determined them unsuitable for children and tore them down overnight.

Rimmer complained that, "I find it absolutely absurd that anybody would consider those pictures offensive in any way. To suggest they are pornographic or gratuitous is quite unbelievable. I don't think anyone in their right mind would suggest it."

"They were up for five days and not a single person complained about them," he said. "The comments I had were positive." Banning the pictures sexualized the women in them, which was never his intention, Mr. Rimmer said, adding, "I am deeply offended that my work has been deemed pornographic. These were lovely people, fantastic people who allowed me to spend time with them. I'm offended for them."

One person responding to the article stated, "... am not offended by these images. Nor am I aroused by these images. I do not see the subject as being degraded. I am much more concerned about the abuse of women via the burqa than the photography of breasts. I, out of respect for other people and their different ideas, do not claim a right not to be offended and seek to ban everything I don't like.

"These are images of a perfectly natural process. I cannot understand how anyone can build up enough energy to be offended by them."

So much for outrage with Facebook policies. Given the worldwide cultural problems with showing pictures of female breasts, broader issues are in play as well.

It is certainly true that in areas of Africa not thoroughly westernized that women are routinely bare breasted and nursing babies are everywhere to be seen. While an outsider may find this exotic at first, it rapidly becomes normalized as part of the landscape.

The upside for these photos is that they may have a normalizing effect on the rest of the world to appreciate the life ways of a proud people and consider the wonder of a way of life that is passing. The downside is that like National Geographic, these women may only be looked at through a western lens of the so called "male gaze." Thus, objectifying the women pictured, a point made by Mr. Rimmer. It's a risk.

Hopefully, the context of the photo's will inform the former message and bring understanding and enlightenment that transcends tribal life and raises questions of possibilities others might consider for what is normal.

There exists the possibility that some may entertain the concept that it isn't a given that breasts are only about sex. In other words, the rest of the world might be able to learn something worthwhile from the Himba. [Ed.]

For the full story and pictures, go to: http://www.brisbanetimes.com.au/entertainment/art-and-design/breastfeeding-photos-unsuitable-for-children-20101015-16mwv.html

Ordinary Nakedness

There's a no longer active website called Reject Shame that its creator, David Blood developed to address the issue of body shame. David's intended audience was the Christian community. David located many of the problems people face as in many cases having its origin in body shame. He stated, "Body shame is an indicator of our alienation from God, self, and others, it is a bondage from Hell, and according to the Bible a direct result of Satan's deception. Such shame is often at the root of low self-esteem, depression, sexual abuse, addictions, and more."

Regardless of your religious orientation, there is much to commend David's effort. By no means are Christians the sole domain for body phobia, but it is well known that within the Christian community there is a well developed hostility toward social nudity. David, as a Christian, is attempting to address his audience in terms they may find meaningful.

Included here is one article from the website with the address below. You are encouraged to check out the other material. [Ed.] http://web.archive.org/web/20070416111315 /www.rejectshame.com/RSordinary.html

"Being natural and matter-of-fact about nudity prevents your children from developing an attitude of shame or disgust about the human body. If parents are very secretive about their bodies and go to great lengths to prevent their children from seeing a buttock or breast, children will wonder what is so unusual, and even alarming, about human nudity." Dr. Lee Salk, Psychiatrist

There is a great need in western culture to advance the notion of the nakedness in everyday life. Ha, you say, "we have that! It is called nudism." But I say that while nudist groups have done much to bring mixed nudity into our culture, they have often had to retreat to a sub-culture in order to do it, and this has reduced their effectiveness considerably.

My goal as a man contemplating nudity has always been to demystify the female body. By doing this many boys will be spared the dead end road of teenage sensualities that sap our morality as young men. In my view shame fosters illicit nudity and illicit nudity fosters shame. We try to assuage our shame through illicit nudity, but the side effect is that we get hooked on a certain thrill that is hard to overcome in life even by embracing nudism.

Whenever I have encountered female nudity I have always had the desire to see it as utterly ordinary. As a teen I remember seeing a photo in Playboy depicting a bunch of naked people from a distance standing on the side of a houseboat. To me this was more exciting than all of the carefully posed "beautiful" women put together. This photo was so ordinary. Rather than bringing nudity down to the basal level, it brought everyday life up to the beautiful reality of normal nudity. No erotica, just regular folks doing regular things, but naked. Too bad Playboy never pursued that kind of nudity in its pages. Now, many nudist media have racier pictures than that.

The chasm is large between mainstream culture, where wholesome everyday nudity among the sexes occurs almost never, and nudism. This chasm is where the grassroots of social nudity will flourish, not in nudism.

As I raise my kids, my goal has not changed. I don't need nudism in order to demystify the female body for my children. Instead, household nudity is very easy to implement, especially if the children have not yet been born.

Household nudity is, in my view, something that very few western households embrace, and that even fewer Christian western households would remotely consider. Forget about nudism; these households have not even been out of their bedrooms naked once.

Household nudity is what will fill this chasm. It is free, it is safe, and it is effective. An ounce of it will be the ton of well-being later in life in a way that nudism could never be. For what is our goal?

I suspect that the majority of people I see at nudist sites did not grow up in households where nudity was ever allowed outside closed doors. It is often reflected in their children, who either will not accompany them, or will not disrobe with them because their children see a certain inconsistency

Items We Need

Please see our website at lakeedun.com for more details.

- Non-motorized boats
- Lawn or Lounge Chairs
- Concrete pavers
- Large water storage tank
- 5 gal. buckets
- Aluminum cans, etc
- Plastic Barrels
- Electric Drill

between their parents' public nudity and their lack of household nudity.

How hard it is for a person to make the jump from no nudity in their past to walking among the nudists on a public beach or private club! There really is no middle ground for this in our culture; no place where wholesome nudity can flourish with childhood.

How many nudists would not be caught naked in front of their parents? How many nudist adults have not raised their children up with any nudity in the home? It is unrealistic to expect people to truly accept nudity as wholesome when there is such a disconnect in their nudist lives. How many nudists have shielded their nudity from their relatives, church friends, and coworkers? Most.

Nudity does not enjoy any respect in our culture. When I make a passing comment to the effect that indicated the likelihood that mixed nudity could have occurred, it is usually met with stunned silence; as if the supreme faux pas had been committed. People are sensitive to nudity and how it is used in society. The nudist movement has not improved the cultural perception all that much in half a century.

Wholesome nudity shouldn't be a recreational sport, or a pricey club membership, or a restful haven for alternative lifestyles if it cannot first be accepted by the next generation. Because in my home, my generation is where the buck stops, and the buck naked starts. I don't need hedonism. I don't need nude pictures of pretty girls strutting. I don't need to be a member of a club. I don't need body acceptance. I don't even need to be naked all that much, because ordinary nakedness around the opposite sex even occasionally, especially in the teen years, is far more than 95% of the rest of the population is doing now.

I just need to understand the role nudity plays in everyday life and be sensitive to how God would like me to pursue it. If people would have the boldness to raise their children with simple household nudity they would realize a much greater ability to make the jump to nudism.

With just household nudity, and the rare visit to a public nude site, my children will fare better than most kids with regard to shame and their perception of the human body, and ultimately their own purity in sexual matters. And it all started in the home, not a nudist club or beach.

Through the reconciliation of Christ in the believer's life a person has received the license to keep the doors open in the home, to allow nudity to flourish where it is the most practical and safe, in the refuge away from prying eyes and the world. Either we can be Christian Nudists, or we can be naked Christians. Naked Christianity starts in the home in those situations where it is most practical. Because isn't the goal of nudism to ultimately reject shame by making the term nudist obsolete?

Your clothes conceal much of your beauty, yet they hide not the unbeautiful. And though you seek in garments the freedom of privacy, you may find in them a harness and a chain. Would that you could meet the sun and the wind with more of your body and less of your raiment. — Khalil Gibran, The Prophet

Remember Summer

With both Christmas and New Years behind us, it is difficult to remember the warm water at our special place in July. Through the years, hundreds of people have shared our lake with the fish. And they have worn as much as the fish wear.

Swim to the island; swim from the north dock to the south dock. Just swim. It's great exercise and feels good.

We also have canoes and paddle boats Eduners may use if they want to stay on top of the water. For the really adventurous, we recommend trying to walk the floating log Paul Bunion Style or attempt the Aqua Skipper.

Whatever your passions, if they involve water and fun, we have plenty of both at Lake Edun.



Happy New Year!

Lake Edun Foundation, Inc. P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN

Note: There is a \$30 charge for any checks returned unpaid for any reason.

Membership Application Change of Address Form Please Print

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Address:						
City:			S	tate	Zip	
hone: DOB		E-mail A	Address			
a couple, include names for ogether, make a copy of the promote gender diversity, Temale.) Those willing to a	strictly confidential. If you are joini both people. If you are a couple not last form for the other individual. (Na a couple is defined as one male and ssist with upkeep a minimum of 10 la	iving B: To d one	Facts is is available Release	included with memb able for \$20.00. Ne which must be con on restrictions apply	One subscription to our pership. A subscription or the members will receiven pleted before members to Associate Membershi	lly to <i>Bare Facts</i> e a Waiver and hip is finalized.
Membership Fees:			Single	Couple	Amount	
Lake Edun Founda	-		275.00	350.00		
	(Over 125 miles away)		175.00	250.00		
Recession Discoun	t – if you need help		(50.00)	(75.00)		
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